



Savoury Quiche with fennel

Why not try our classic quiche twist with goat's cheese, fennel, tomatoes and

Alpro Soya Unsweetened

Preparation

1. Preheat the oven to 180°C. Roll out the shortcrust pastry and use it to line a prepared flan dish or shallow baking tin. Prick the pastry base, put to one side and keep cool.
2. Remove the green parts of the fennel, keeping the feathery leaves to use as a garnish. Cut the fennel bulbs into thin slices around 1/2inch thick. Heat the margarine in a large saucepan and sauté the fennel slices for a few minutes for each side. Season with ground black pepper and salt.
3. Allow the tofu to drain thoroughly and chop finely in a processor. Mix half of the goat cheese with the Alpro Soya Unsweetened Wholebean, minced tofu, 2 tablespoons lemon juice, lemon zest, thyme and cayenne pepper and season to taste with ground black pepper and salt. Keep 6 fennel slices back to use as a topping, then finely chop the remainder along with the sun-dried tomatoes. Add the chopped vegetables to the tofu mixture. Spread it over the pastry and press down. Arrange the remaining fennel pieces, halved cherry tomatoes and the rest of the goat cheese on top. Drizzle with honey.
4. Put the tin in the oven and bake the pie for about 20-25 minutes until golden brown. Remove from the oven and allow to cool before you cut into it or remove it from the tin. Finish of with the fennel fronds and serve with a green salad.



4 portions



45min



Ingredients

- 1 ready-made shortcrust pastry (dairy free)
- 2 fennel bulbs (+/- 650g)
- 2 cloves of garlic
- 50g sundried tomatoes
- +/- 4 cherry tomatoes
- grated zest of 1 lemon
- a few sprigs of thyme
- 250ml Alpro Soya Unsweetened Wholebean
- 25g (1 packet) tofu
- 200g goat cheese
- 1 tbsp margarine (dairy free)
- 1 tsp honey
- pinch of cayenne pepper
- ground black pepper
- salt

Made with

Soya Unsweetened Chilled

